



# GET SWIMMING

## AND FEEL GOOD!



## JAN-JUN SWIM TIMES

### MAIN POOL / SANARIUM\*

<b>SUNDAY</b>	11.15am - 3.00pm
<b>MONDAY</b>	6.00am - 2.30pm 3.30pm - 4.30pm 6.30pm - 9.30pm
<b>TUESDAY</b>	8.00am - 3.00pm 6.30pm - 9.30pm
<b>WEDNESDAY</b>	6.00am - 4.00pm 6.30pm - 9.30pm
<b>THURSDAY</b>	6.00am - 9.30pm
<b>FRIDAY</b>	8.00am - 3.00pm 6.30pm - 9.30pm
<b>SATURDAY</b>	8.00am - 3.45pm

\*The sanarium will be open during public swim times and will close for cleaning each day 30 minutes before the last public swim session ends

### LANE SWIMMING

<b>SUNDAY</b>	11.15am - 2.30pm
<b>MONDAY</b>	6.00am - 9.30am 12.15pm - 1.15pm 7.30pm - 9.30pm
<b>TUESDAY</b>	8.00am - 9.30am 12.15pm - 1.15pm 6.30pm - 8.00pm
<b>WEDNESDAY</b>	6.00am - 9.30am 12.15pm - 1.15pm 6.30pm - 9.30pm
<b>THURSDAY</b>	6.00am - 9.30am 12.15pm - 1.15pm 7.30pm - 9.30pm
<b>FRIDAY</b>	8.00am - 9.30am 12.15pm - 1.15pm 6.30pm - 9.30pm
<b>SATURDAY</b>	8.00am - 8.45am

### FLUME

<b>SUNDAY</b>	12.00pm 1.00pm 2.00pm
<b>MONDAY</b>	7.00pm
<b>TUESDAY</b>	7.00pm
<b>WEDNESDAY</b>	7.00pm
<b>THURSDAY</b>	5.00pm 6.00pm 7.00pm
<b>FRIDAY</b>	7.00pm
<b>SATURDAY</b>	10.20am 11.20am 12.20pm 1.20pm 2.20pm

For more information visit

**getactive**abc.com/swim    



**Armagh City  
Banbridge  
& Craigavon**  
Borough Council